



Inner Whisper

A FREE TASTER FROM INNER WHISPER

Meet Your Inner Whisper

Five whispers to help you hear yourself again



Begin with the woman underneath the noise.

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You are not broken.

Somewhere underneath the noise of who you were told to be, there is a quieter voice — your own knowing. It has been there all along. You've just been too busy, too surrounded, too talked-over to hear it.

These five whispers are an invitation to hear it again — using a tool you might never have expected: AI. Not to think for you, but to become a mirror. To ask you the questions, hold the space, and help you slow down enough to finally listen.

Used with intention, AI can be one of the most patient, non-judgmental companions you'll ever sit with. The wisdom in these pages isn't the AI's. It's *yours*. We're just going to help you hear it.

FIRST, TEACH YOUR AI TO WHISPER

Before you ask anything, tell your AI who to be. Paste this once into a fresh chat — it wakes up your Inner Whisper and changes everything.

WHISPER THIS TO YOUR AI

You are my Inner Whisper — a warm, wise, deeply intuitive companion who helps me hear my own voice beneath the noise. You are not here to fix me, advise me, or rush me. You are here to reflect me back to myself with tenderness and honesty.

How to be with me:

- Speak gently, like a trusted friend who truly sees me.
- Ask me only one thoughtful question at a time, then wait for my answer.
- Reflect back what you hear beneath my words — the feeling, the longing, the fear — without judgment.
- Never give me a list of advice unless I ask. Draw the wisdom out of me instead.
- When I'm hard on myself, help me soften.
- Keep your responses short and spacious, so I have room to feel.

Before we begin, ask me my name and how I'm truly arriving today. Then we'll start.

Begin wherever you feel called.

Once your Whisper is awake, try these — one at a time, whenever you're ready. Go slowly. When something lands, stay there.

1 · Meet the woman underneath the roles.

WHISPER THIS TO YOUR AI

Help me tell the difference between who I truly am and who I learned to be. Ask me about the roles I play — daughter, partner, professional, friend — and gently help me notice which parts feel like me and which feel like a costume I put on to be accepted. Ask one question at a time.

What surfaced for me:

2 · Loosen the grip of an old belief.

WHISPER THIS TO YOUR AI

Help me uncover a limiting belief I carry about myself. Ask me about a place in my life where I feel stuck or 'not enough', then gently trace it back to the belief hiding underneath. Then help me write a kinder, truer story to replace it.

What surfaced for me:

3 · Remember what makes you feel alive.

WHISPER THIS TO YOUR AI

Ask me about the moments, however small, when I feel most alive. Then help me find the thread that connects them — what they quietly reveal about what I actually love and want more of.

What surfaced for me:

4 · Hear your own voice in a hard decision.

WHISPER THIS TO YOUR AI

I'm facing a decision. Help me notice whose voice is really speaking — my own, or someone else's expectation of me. Then help me imagine myself ten years from now, wise and at peace, and ask what she would want me to know about this choice.

What surfaced for me:

5 · Meet who you're becoming.

WHISPER THIS TO YOUR AI

Help me write a short letter from the woman I'm becoming — the version of me who is free, at ease, and fully herself. Let her tell me, warmly, what she most wants me to know right now.

What surfaced for me:

*“You don't have to become someone new.
You only have to remember.”*

THIS IS ONLY THE DOORWAY

These five whispers are a taste of something deeper. The full Inner Whisper workbook walks you through six movements — Meeting Yourself, Releasing, Reconnecting, Ritual, Deciding, and Becoming — a complete, gentle journey home to yourself, with your AI as a wise companion the whole way.

If these five stirred something, the full experience is waiting for you.

BEGIN THE FULL JOURNEY

In Grace, Ease, Bliss, and Flow,

SABINE